



Serves: 4

Namkeen Semiya

Ingredients

- Roasted vermicelli, lightly crushed 200g
- Canola oil 2 tsp
- Ghee 1 tsp
- Cumin seeds 1 tsp
- Onions, chopped 1 tbsp
- Green chilli, chopped 1
- Salt $\frac{1}{4}$ tsp
- Cashewnut 2 tsp
- Spinach, chopped 80g
- Warm water $\frac{3}{4}$ cup

Tips:

- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
- Nuts are a rich source of unsaturated fat, especially Omega-3 fatty acids, which benefit heart health.

Method

- Heat the oil and ghee in a deep pan, and add the cumin seeds. Let them crackle.
- Add the onions and sauté till translucent, then add the chilli and cashew nuts. Sauté for a while.
- Add the water and once it boils, add the broken/crushed vermicelli, and stir.
- Cover with a lid, and simmer over a low fire till all the water is absorbed and the vermicelli is cooked.
- Add the spinach and cook for 1 minute. Season with salt, ensuring that the vermicelli is soft and moist.
- Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 240kcal

Carbohydrate 39.1g

Protein 7.5g

Total fat (g and % of total calories) 5.8g (21.8%)

Saturated fat 1.2g

Cholesterol 3.2mg

Dietary Fibre 1.7g

Sodium 165mg